



Pathways Yoga Systems

Winter 2014



PROGRAM: “Yoga for Wellness is a fundamental and uniform approach to the teaching of the esoteric and scientific art of yoga. Traditionally, yoga teachers are certified in their knowledge of, and ability to teach, the various aspects of the yoga system. There are many excellent schools of yoga where the training is based on the tradition of the founding teacher. Pathways are dedicated to using the most effective techniques of all yoga traditions and incorporating them into classes in a basic, educational, easy to understand manner.” For more information about this approach to yoga, check out their website www.pathwaysyoga.com

PATHWAYS YOGA FOR WELLNESS COVERS:

- Gentle stretches for all parts of the
- Exercises to help strengthen core
- Balance and align the body
- Practice deep breathing
- Stress reducing exercises
- Meditation techniques

INSTRUCTOR: Laurel Beaton is a 500hr. certified Pathways Yoga Teacher. She has been teaching yoga through Exeter Adult Education since 2002. She also established a free yoga class that is offered to seniors at Senior Center. Laurel would love to share her yoga knowledge with anyone interested in improving mobility, range of motion and stress relief techniques. Join Laurel and discover the many benefits of Pathways Yoga for Wellness.

WHAT TO BRING: A yoga mat or beach towel to place on the floor & water. Comfortable, unrestricting/unbinding clothing should be worn.

LOCATION: Classes are held at Exeter Parks & Recreation building, 32 Court Street, Exeter

FEE: Register at the Exeter Recreation Department office prior to the class. Registrations will not be accepted the evening of the class. Please make your check payable to: E.P.R.D. Visa & MasterCard accepted. Sorry, no refunds unless the class is cancelled. There is a \$20.00 fee charged for each returned check.
6-student min. /12-student max.

***New – Early Bird Discount - Register before the deadline date and receive a \$10.00 discount.**

Classes/Dates	Time	Fee	Deadline Dates	Class Code
Tuesdays: Session 1: Jan.14 - Feb.18	6:30 – 7:45pm	\$60.00*	Jan.3	541702-1E
Tuesdays: Session 2: March 4 - April 8	6:30 – 7:45pm	\$60.00*	Feb. 21	541702-1F
Thursdays (Couples Only):Session 1: Jan.16 - Feb. 20	6:30 – 7:45pm	\$60.00*	Jan. 3	541701-1D
Thursdays (Couples Only):Session 2: March 6 - April 10	6:30 – 7:45pm	\$60.00*	Feb. 21	541701-1E

EXETER PARKS & RECREATION DEPARTMENT

32 Court Street, Exeter, NH 03833

Phone: 773-6151; Fax: 773-6152

Website: <http://town.exeter.nh.us/rec>

Business Hours: Monday-Friday: 8:15am - 4:15pm